

Should hormone therapy be used to protect the heart or prevent strokes?

- Do not use hormone therapy to prevent heart attacks or strokes.

Should hormone therapy be used to prevent memory loss or Alzheimer's disease?

- Do not use hormone therapy to prevent memory loss or Alzheimer's disease.

Do hormones protect against aging and wrinkles?

- Studies have not shown that hormone therapy prevents aging and wrinkles.

How long should I use hormones for menopause?

- You should talk to your doctor, nurse or pharmacist. **Again, hormones should be used at the lowest dose that helps and for the shortest time that you need them.**

Does it make a difference what form of hormones I use for menopause?

- The risks and benefits may be the same for all hormone products for menopause, such as pills, patches, vaginal creams, gels and rings.

Are herbs and other “natural” products useful in treating symptoms of menopause?

- At this time, we do not know if herbs or other “natural” products are helpful or safe. Studies are being done to learn about the benefits and risks.

What can I do to improve my health whether I am using hormones or not?

- Talk with your doctor, nurse or pharmacist, and have regular check ups
- Don't smoke
- Eat right and watch your weight
- Ask if you should take calcium and vitamin D; discuss bone health
- Exercise
- Have your blood pressure, cholesterol, and blood sugar checked
- Have a breast exam and a breast X-ray (mammogram)

To learn more

National Women's Health Information Center

US Department of Health and Human Services

www.4woman.gov

1-800-994-9662

TDD: 1-888-220-5446



Food and Drug Administration

US Department of Health and Human Services

www.fda.gov/womens

www.fda.gov/cder

National Institutes of Health

US Department of Health and Human Services

www.nih.gov/PHTIndex.htm

Agency for Healthcare Research Quality

US Department of Health and Human Services

www.ahrq.gov

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